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Vegans: The Herbivore Humans

The World in need

More than seven billion people wondering around the world in different continents have developed different dietary intrinsics through out the billions of years on this planet. As united nations' food and agriculture organization oversees what part of world is facing famine or not, it is very obvious that humans are the main creatures who has the vast majority of food consumption requirement than any other in total habitat. Through out the development of mankind humans have come far in cultivating land for their food dependancies making them less and less reliable on other animals. As human population grows and outnumbers most of animals, food demands increases and more and more people eventually end up not to rely on animals for their food. Even though as per jungle law and natural food chain humans are still considered Omnivores (depends on other animals and plants) unlike Carnivores (depends on animals only) and Herbivores (depends on plants only). Through out development in different places since ancient times, this food intrinsics had impact from availability, culture, seasons, places and famine in most.

The First Vegetarian

People who had adopted their life-hood based on cultivated land crops were able to surplus the food for longer time so they had an upper hand of not running around behind animals for food over hunting-gangs. So with this surplus food these indigenous were able to engage themselves in other activities and developed cultures around the world. They were Being the first Vegetarian people. Even Adam first started Being Vegetarian by eating an apple. In spite of not eating meat of animals/birds/reptiles, fishes/eggs these vegetarians were not quite similars to Herbivores in food dependancies.

Unlike many other mammals/animals, technically they were still Omnivores indirectly. Based on time/places, weather/seasons, sources' availability, socio-economic feasibility and farming methods/opportunities many people had adjusted their diet. Like many people were eating eggs and still considered themselves as Being Vegetarian since they were not killing/eating motile creatures/flesh while raising poultry along farming. Some also targeted reptiles and their eggs while seeking socio-economical options for food and medicine. They also wanted to be considered Being Vegetarian on a given chance. Differentiating eggs based on potential of becoming motile creatures or not does not make eaters vegetarian. Whatever; in nature no Herbivore eats eggs.

Many people also ate fishes, may be based on its availability and lack of cultivation opportunities might had caused famine but were still able to manage vegetarianism as most of the diet also considered themselves as Being Vegetarian since they were able to carry out their live-hood without killing animals where law of land could be applicable. But eventually they were eating other motile creatures or eating once motile now sessile creatures so could not be considered Being Vegetarian.

Some also argued that people who have milk from any mammals can not be considered Being Vegetarian either. While as in nature, any Herbivore or Carnivore mammals have milk mostly while they are newborn. So countering early argument some wickedly witted that people who have milk from male (instead of Carnivore) mammals can not be considered Being Vegetarians. It is difficult to say whether this was from a frustrated female mammal or someone who was a mix descendent of Herbivore and Omnivore or both or even from the eminent threat of the bloodiest reptile of all time who was the only one ever to get male mammal milk from none other than but the twenty forth Supreme. (There are arguments about whether that was not bark next to toe)

Sometimes vegetarian is tagged to an eater while sometimes to a meal. Paradigm was shifting between Being Vegetarian and Having Vegetarian meals mostly. This is not to confuse with such omnivores who eat only Herbivore animals and liked themselves called as always having vegetarian. In fact people who strictly eat vegetarian food only are considered Being Vegetarian. While carnivores and rest of the Omnivores indulging any non-/veg food are tagged as being non-vegetarian not other way around where only carnivores considered being non-vegetarian. Any preferential non-vegetarians who have only Herbivores for non-veg food are at some other level. They are actually anti-vegetarians. These are those who think eating non-veg makes them strong and eradicating vegetarians makes the whole world stronger! Soon a line would come up to food ingredients that is just from plants based only differentiating them from motile creatures based.

Is Being Vegetarian Confusing ?

After the world war II somewhere in Northern England Vegan society was founded by a person named Donald Watson. People are becoming vegans in huge numbers since and a whole new industry has been developed following the society. Even though left by founder, many times society has changed their vegan definitions but the main goal of not consuming animal products was never changed since then. Vegan was basically derived from taking 'etari' out of 'Vegetarian'. So regardless many times explanation changes it is meant to be anything and everything about Vegetation but only eating. This way it could explore different options vegetation can provide as an alternative to anything from motile organism for consumption.

Unlike Vegetarians, Vegans do not consume dairy products strictly as it is derived from animals but consume plant milk. While some vegetarians quitting certain dairy products like cheese which involves killing calves but consumes milk from other Herbivore mammals even though it is not from plant; based on the only rational of milk being natural substance unique to mammality only produced to feed others. Any Herbivore or Carnivore mammals' natural food intrinsic feed them milk mostly until they are grown with teeth. In spite of milk as food ingredient is not tagged as Vegetarian or non-Vegetarian based on from Herbivore or Carnivore mammals, milk available in market is mostly from non-primate Herbivore mammals. So milk consuming vegetarians are still considered Being Vegetarian and other omnivores tagged as non-vegetarians consume milk just like any other vegetarian food they might have as occasional meal. If only Herbivore birds/reptiles are taken into consideration,

it helps to define (non-dairy) non-lacto vegetarian as their natural intrinsic do not feed them milk from mammals that is the substance of Vegan food. Generally Herbivore birds do not dig ground for root veggies and Herbivore reptiles do not climb tall trees for fruits mostly. Be sure that no natural Herbivore eats eggs so there is no such thing as ovo-vegetarian as some people may confuse. So Vegan food is basically non-lacto Vegetarian food which includes everything plant based from leafy greens to roots vegetables including all crops of grains, legumes with nuts, fruits and veggies but anything from motile creatures.

It is not easy to turn in to Vegan. Why ? Because of basic Intrinsic of diet habits. People who have habits of addiction cannot get rid of them without the help of rehabilitation many times and here we are talking about changing food intrinsic so it would be certainly tougher but achievable. It may possible that people may feel that their body is going through changes beyond digestive system but certainly not discouraging way. Every human body reacts differently when turning in to Vegan based on their original food habits that fact should be kept in mind to be patience with your goals. This is not a race that you are in with someone. Many omnivores can choose being on normal vegetarian stage first before going to Vegan stage. People often prefer dietitian and planned meals to get a drastic results like athletes. However it is not meant to be limited to certain group of people like pro-athletes or growing persons. Everyone must keep two things in mind. One, that it is about changing your food intrinsic and second, more than only one good reason of doing this for your own body.

Veganism Arise

By now it is very clear that Vegan Industry has reached its manifestation like any other industries as dairy industries or cattle industries. Vegan industry helps explaining all sorts of reasons behind being vegan and provides in/expensive options for consumption. Newly turned vegans (Sedentary/Athlete) concern about ω3, Vitamin D3 and B12. If synthetic D3 – cholecalciferol is obtained from lanolin whether or not it is derived from non-winter shaving of alive wool animal, it is considered non-vegan so fungus/algea dervied lichen based D3 is considered vegan. While Vitamin B12 is believed whose source is only animal products. Do all Herbivores malnutrition of B12? For existing deficiency, fortified B12 foods are available through vegan industries.

Beware of overdose effects though

https://veganhealth.org/side-effects-of-b12-supplements/

https://veganhealth.org/vitamin-b12-analogues/#animal

https://vitamind3-cholecalciferol.com/vitamin-d-toxicity/

–> For the bloating concerns of Vegan diet –>

Mostly bloating is associated with vegan food because of sudden increase in gluten based cereal like wheat after initially turning into vegan which has also spread awareness to have gluten free preparations of vegan meals to avoid bloating or even celiac allergy.

Not only avoiding animals beyond having meat food like for hematophagy /urophagia, ingesting liver /stomach /gallbladder /pancreas /spleen juices /pulp, pus /tears /sweat /ear-nostril fluids and other glands fluids /saliva /genital fluid /lymphous fluid /synovial fluid /cerebrospinal fluid /bone marrow or even for organ transplant or surrogacy; Vegans' animal non-dependency has reached from other harming to non-harming uses as in wears & gears /collectables /furnishings /containers of animal skins, perukes /wigs, sports /musical instruments, toiletries /cleaning agents, cosmetics /bathing stuff, smearing dead beings' ashes on body, castrating/inseminating, conducting clinical trials, extracting beeswax /honey /venom /musk /tusks /wool /fur /silk /pearls /conchs, pisciculturing /aquariuming /fishing, hunting /trapping, thrashing /huntering, in wars /transportation, saddling /shoeing /haltering, load bearing /laboring /burdening for oil-milling /ploughing /carting /riding /circusing /filming, gambling to gaming, fighting to racing, encaging /zoo-keeping /lasso-chaining /scapgoating, grooming /dekeratinizing i.e. dehorning /denailing /dehairng /defeathering, collecting feathers /sea-shells /slough-skins /fossils, drying dung /rotting muck for fueling /fertilizing, hobby /service-assisting, mastering /breeding /selling /donating /buying /adopting, petting /domesticating, milking, etc. Non-GMO &/or Organic Foods grown with dead animals based fertilizers would be out of consideration. Don't eat Don't feed non-vegan items policy extends to all above activities. Step by step it has achieved all the alternatives of any animal can provide with other natural or manmade raw materials. Not only the micro level tuning of non-animal products but also alternatives of animal byproducts are available now. While bacteria are inevitable as being Vegan then what is the next step for veganism ?

' What is Next ? ' — Dilemma …

On personal level non-consumption of animal based product can go beyond one sense to touching and smelling to avoid tasting/touching by tongue while relying on seeing and hearing. However don't eat don't feed policy must not extend tagging 'untouchables' to eaters and feeders but appropriate requests can be made by those who do not like to be touched and should be honored. Personal care of self-restriction can be achieved with washing and bathing like before entering operation theater. As it is growing in variety of foods available or numbers of people turning into; it is also growing in the different manners it could achieve its strictness of non-dependency of animal products as well.

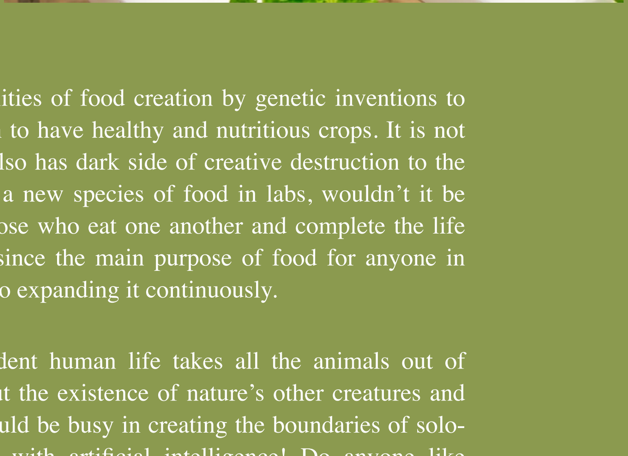
Many times it is outspoken as in supporting factors as if once pure vegan then they should not support non-vegan activities or can not do moral transactions with non-vegans for absolute. Such radicalization is turning many new comers away or could find it as impossible and to overlook being vegan by its mind-boggling strictness and brain-stormed rationales. Specially in certain situations like one partner is vegan while other can not be. Or it could be the reason to turn into as well. The real question is then how to maintain its strict non-dependency, keep involving everyone and also avoid this adversely promoting and non-supporting policies all at the same time ?

Hidden Truth In Between

Looking for another dimension is little bit tricky but neither so outspoken nor forbidden at the same time. The non-dependency of animal products has taken the search of alternatives from lands, labs to sea. It is hard to believe the fact for many that its answer lies in differences and similarities of Puritans and Quakers. Not so outspokenly understood but within the hidden facts of how they were coined and originated from the same place.

As like Puritans, not purify own-self by not dealing, communicating with other non-vegans but purify the non-dependency elements and processes. The history shows old farm lands had been used for urbanization and more and more cultivated lands were being wasted as population grows or even decline. One way to recover land is to purify these wasted land and prepare it for cultivation. This will require to change the burial law and adopting quicker cremation process. It is not that these efforts are not made in such directions but the process of purification of element like fire was given preference over the element like land.(as if otherwise olympic would not be possible!) If the rituals are carried to follow the goddess, she indeed purified the fire before quaking herself way in. While followers undergrounds anyone in most cases while for some cases they both were considered for purity and so mummified corps were left in open remote places for to be eaten by carnivore birds. While some who celebrate bird day, are they being thankful for recycling out each other to complete life cycle by eating up self-types? That is certainly not the way to achieve zero carbon footprint neither it could be achieved by stuffing dead beings beneath the land. With latest technology more ecological cremation process could be adopted and help elements purified. These recovered cemetery lands could be purified and then should be cultivated for allium bulb roots based plants like garlic which may also provide supernatural benefits. Or if considered as myth or failed against hematophagous mammals then could be used to grow medical marijuana, indigo or even better Tobacco. Regulating and restricting these crops growing to recovered cemetery lands can help in many ways. The original farm lands should be purified from any animal based fertilizers if they were used and cultivated for different health benefitting crops such as cereals, grains, lentils, nuts, fruits and vegetables and also for herbalism.

Many technologies have also developed to grow leafy green vegetables with/out soil use in vertical farming as controlled environment agriculture. These techniques like passive (semi) / hydroponics (not aquaponics), fogponics or aeroponics can help to avoid insects, pests and have controlled growth without any chemicals but with all nutrients which could be promoted and widely adopted. The recovered land, abattoir facilities may also be used to create such farming facilities. Considering technologies, it is worthwhile mentioning genetically modified organism when the dead animal based fertilizer is considered out of possibilities.



We do not find out the different new possibilities of food creation by genetic inventions to create new form of lives beyond modification to have healthy and nutritious crops. It is not only creating moral and legal questions but also has dark side of creative destruction to the extent of killing. If hypothetically we create a new species of food in labs, wouldn't it be possible to create the whole food chain of those who eat one another and complete the life cycle. But we do not go into that direction since the main purpose of food for anyone in natural phenomena is to cease the hunger not to expanding it continuously.

By adopting this way of animal non-dependent human life takes all the animals out of communities which may left us careless about the existence of nature's other creatures and nature in complete itself as well while we would be busy in creating the boundaries of solo-human societies and articulately nourishing with artificial intelligence! Do anyone like replacing own organ with artificial one unnecessarily? A human having artificial heart answering that question would have natural or artificial emotions?

Ignore the tectonic plates facts for a while and think about any Quake epicenter at any animal concentrated places like sanctuaries or forest areas where humans are not meddling natural lives. It is very hard to find one example. Leaving animals all alone by themselves is not enough while deforestation for cultivation is one of the problem. This will not support and expand veganism positively at all and will disrupt the natural earth cycle easily soon. While doing bold PeTA protests do anyone think what they feed their beloved carnivore pets — dog, cats etc? Their food is full of herbivores' body parts. So what type of protesters are those who are not eaters but the feeders! Is this kind of mercy can anyone have for fellow Herbivores? On the other hand nobody buy-sells carnivores' milk for these pets. The real shaming is not nudity or carnivority but hypocrisy. While in name of purity our residents and places of worships are being disinfected and cleaned by removing dead bugs, insects and using treatments beyond repellents. Should they ever think of collecting those dead beings and feeding their carnivore pets instead of Herbivores' body parts? Do anyone ever choose a pet thinking of a Herbivore over a Carnivore one? There are many adopt a pet centers, wild animal sanctuaries so there could be rescued dairy animals shelters, Herbivore sanctuaries as well. There are many such next things for vegans. If not promoting, Vegans should at least support and encourage creating and maintaining non-meddling natural sanctuaries, national parks and help preserve the natural habitat in whole.

Is It Possible ?

Would it be possible to be respectful to each and every individual motility ? Since being vegan, it is just restricting own self from harming to hurting most motilities. But what to do when other motile force is hurting or harming herbivore motility? If we look beyond testament even if considered myth, rituals like sacrificial immolation are still followed and who is sacrificed there? Mostly Herbivores. Beyond rituals, mostly it might have born out of punishment and tress-pass prevention of those herbivores who meddled somebody's crop fields and storages. To whom this sacrifice is made to? Some higher power over humanity. Sometimes reasoning to get more in favor, sometimes to satisfy demonic demands with at least one immolation periodically. Neither humans could had escaped as recent history tells and had surrendered to carnivority. Sacrificer, sacrificed; they all surrenders to carnivority. Some rituals are of offerings and immolation is replaced with renunciations to suit Herbivores. How many carnivores hunt down other carnivores for their food? Most of the them kill Herbivores. According to this article's subject it might be a rational suggestion to control and freeze carnivores' motility for the existence of herbivores who can not even imagine about basic intrinsic of hunting and killing. But thinking over that twice asks that would it be wise enough against the nature and to what extent? As being motile entity suppressing other's motility in name of commanding, controlling, disciplining or even employing without paying leading to enslaving has not created its fatal consequences? Would it stop provoking carnivority and eventually stop releasing accumulated force against herbivores for good? So what can be corrected? If as an individual we share the same respect that we like for our own motility it would be natural for other motilities to reflect the same back to us. Eventually it would be increasing the encircling of such a natural force which would work against carnivority of hunting/killing/eating out other motilities. Surrendered to carnivority inflicts fight or flight response while surrendered to nonviolence inflicts peace and persistence. It is up to us which side we want to be. Live and let Live Herbivore way or Kill and get Killed Carnivore way. If we can save subcategory of humanity from genocide we can save inclusive category of mammality as well. Don't we have laws to protect endangered species? Why to limit this security and sanctuary? How about extending this fearlessness to all fellow mammals, regardless of Carnivores or Herbivores, to make next step?